

Girls Soccer Organizational & Signup Meeting

Important Dates

Physicals - Jun 1, 2023 High School Gym \$10 cash

A-F last name 6:00 PM - 7:00 PM

G-O last name 7:00 PM - 8:00 PM

P-Z last name 8:00 PM - 9:00 PM

First Day of Practice 8/14/23

Band App - <https://band.us/n/a1a68fCfC3Z5i>



Summer & Season Schedule (Tentative)

Ultimate Soccer Conditioning Goals

May 21 - June 3 - Run 1 mile two times a week

June 4 - June 17 - Run 1 mile three times a week

June 18 - July 1 - Run 1 mile four times a week

July 2 - July 15 - Run 1 mile three times a week and 2 miles once a week

July 16 - July 29 - Run 1 mile twice a week and 2 miles twice a week

July 30 - August 12 - Run 1 mile once a week and 2 miles three times a week

Leadership/Followership

- a. Challenge to lead/coach
- b. Easy to lead/coach
- c. Enjoyable to lead/coach

Team Standards document -

<https://docs.google.com/document/d/1WjO6ySydEnlvkjMrymt9W-Gf9Yft1sirdEc6de6PqbA/edit?usp=sharing>